

CONCERNING HEALTH and BEAUTY

By MRS. HENRY SYMES

THE WOMAN BEHIND THE BROOM



Large gloves protect the hands.



Covering hair and ears.

There is a covering which is nothing but clever manipulation of a huge square of muslin. Fold back a point and place the double bias edge across the eyebrows, around the crown and pin at the back. That will give the remaining points of the square at each side. These can then be tied under the chin. Dust cannot possibly settle on the hair or in the ears when this headdress is worn.

Large gloves protect the hands. They must be loose to offer no interference with the free and easy play of the muscles of the forearm. The hands can be kept soft and white, even by one who sweeps. The object is to keep the dust from closing the pores and from drying the skin.

One of the most harmful and easily acquired habits of the sweeper is to open the mouth while breathing. The mouth, you will remember, is for the passage of food only. There are no fine hairs in the membrane, as in the nose, to sift the particles of dust from the air. It was never meant for breathing purposes, and colds and throat troubles will surely result from mouth-breathing. Dust must be kept out of the throat. A bandage of swiss or soft muslin is all that you will require. It will pay to take this precautionary measure.

After the reign of the broom all nasal passages should be thoroughly cleansed of the irritating particles of dust. A weak solution of peroxide of hydrogen or of salt and water is within every one's reach. The atomizer is effective in this step! A cleansing with cold cream, of the face that has been exposed to the dust is important for the healthy condition of the skin. I advise a warm bath for the entire body after the work of the morning.

Of course, I need not urge that windows should be open during the sweeping hour. And that the final dusting should be accomplished with a damp cloth.

Here's health and comfort for the woman behind the broom!



The nasal passages should be cleansed.

A sensible working dress.



This excludes dust from the throat.

ADVICE ON SOCIAL CUSTOMS

Mrs. Chester Adams
most cordially invites her friends
to bring to her their Social
Problems and perplexities
by letter at any time

PRACTICAL JOKES

LAST summer I had occasion to meet a little woman from Kentucky who was brought North to a well-known hospital for an operation. She was unable to sit up during the tedious trip; indeed, she caught only a fleeting glimpse of the scenery by raising her head, for her spine had been injured by a practical joker. Oh, it was such a joke! He had cut the hammock in which she was lying, and the result was not what he had expected. All his repentance will never give to his victim her former strength and enjoyment of good health, and I doubt if she is even walking now.

It is the extreme case of what practical jokes can do. As a rule, they are never founded upon malicious or cruel intentions, but they always embarrass the victims, and usually hurt some one. There is a class of practical jokes that is played on innocent children, who, by their very inferiority of intellect, are unable to realize the joke element. Older brothers and sisters, and I regret to add, some parents, consider it a great joke to scare the little ones. Please think of the results. A child is a creature of imagination and little judgment, and the fright in his mind cannot be counterbalanced by arguing or explaining afterward.

There is the practical joke which some guests must always play upon a newly wedded couple. Besides being absolutely vulgar, it is a sign of a lack of friendliness. Any action that increases the embarrassment and annoyance of the bride and groom should be strictly forbidden at a wedding. From the stealing of the trunk key to the kidnapping of the groom it is a long cry, but each is an evidence of bad form. A wedding joker should be crossed from your list of friends.

A practical joke has the enjoyment on one side only. It is a selfish de-

sire to put another unsuspecting person in an embarrassing predicament. It is a distorted idea of what constitutes fun or humor. It is a reprehensible act that people ought to punish quickly and decidedly.

The jolly funmaker who insists upon removing a chair from a seated person to secure the laugh has very little reliance on his ability to attract attention in any valuable and well-bred way. He should be treated to a polite talk on the subject and requested to call elsewhere.

There is always a lack of kindness in a practical joker's motives. I think that few ever weigh the subject enough to consider where these outrages against good sense might end. But if they think not, then we must think for them.

I might write columns on the practical jokes played at home, in schools and on the streets, but you know a joke of this kind, when you see it played.

I believe that women, as a rule, are loath to play these jokes. Our power lies in the contempt and disapproval that we can show for them and their perpetrators.

We are powerful, numerically. Let us take a forceful step in the right direction to make practical jokes things of the past.

Solutions to Social Problems

Who Should Order?

DEAR Mrs. Adams: Would you kindly tell me who should do the ordering when a lady and gentleman go to a restaurant? Also, when a couple invites another couple out to dine with them, should the lady do the ordering or let each one order his or her own?

THE FIRST CASE: The man should do the ordering, after having consulted the woman. In the second case the man who has invited the other persons should order the dinner.

Anxious to Learn

DEAR Mrs. Adams: I am a girl of 16, and as I had to leave school when I was only 12 I did not get much of an education. I have only been in this country three years. Can you tell me a few books I could study in order to learn to speak the English language correctly? You will be doing me a kind favor by advising me. A GERMAN GIRL.

Your letter indicates that you are on the right road to learning, and I assure you that success will be yours if you persist. I think you will get

much assistance from the readers which are now used in the public schools. These are very well chosen and are most instructive. You can buy them for a small sum of money at any second-hand book store, or it may be that by applying to a principal of one of the schools in your vicinity you may borrow the books you need in the readers you will find suggestions of standard works which you should read. There is also an easy graduation of the work, and a well-thought-out plan of a growing stock of words.

No Assistance Needed

DEAR Mrs. Adams: A young gentleman calls at my home, is it proper for me to assist him with his overcoat when he is leaving? Is it proper for me to go out with a young gentleman unchaperoned? I am 18 years old. DOUBTFUL.

No assistance is needed in such a case.

If your parents are well acquainted with the young man and are willing to let you go without a chaperon, then it would be permissible.

Several Proposals

DEAR Mrs. Adams: I am a girl 20 years old and work for my living. My father is dead and I live with my mother. I have a good many young men friends and have had several good opportunities to marry a young man whom I like very much as a friend, but feel that I could not love any one of them. My mother thinks it foolish for me to refuse under the circumstances, as I am a frail girl and compelled to work. What would you advise me to do? Do you think the right one will come alone?

You are doing the right thing to refuse the proposals, for you would never be happy if you married a man whom you do not love. Some day the "right one" will present himself, and you will be glad you waited.

Not Proper

DEAR Mrs. Adams: I am a girl of 16, and am keeping company with a young man of 20. He has asked me out to dine and to attend the theater. Is it improper for me to go with him? He is not over 18 years old. He is a very nice fellow, but I feel that I should not go with him. He is a very nice fellow, but I feel that I should not go with him.

THE FAIR DAMSEL.

You are young to get into such a situation. Have you not an older sister who could go with you? Certainly, if she does not speak she will lose all chance of an explanation for his strange conduct.

Topics to Discuss

DEAR Mrs. Adams: On what topics should a girl talk to a young man who is not a reader and who does not talk much? Is it improper to allow a young man to sit in your arms around you while riding? Will it make him think ill of me? Is it improper to write to a young man that I do not care for him, he sending two postal cards to me? How should one act to be popular? Does it pay to be too popular with the opposite sex? ANXIOUS.

I find out in just what things he is interested. If you bring up the subject

I am sure he will start to talk, if he is at all enthusiastic.

2. Most improper, and may cause the man to lose his respect for you. A girl cannot be too careful about her actions when out with young men.

3. It could hardly be called improper, but it is unnecessary.

4. If you want to be popular, do not strain a point to be so. Be natural at all times and treat all persons with a kind and courteous manner. Do not be deceitful.

5. Not if it means that you have to give your girl friends. The friendship of girls who are sincere at all times is never to be shunned.

Eating Olives

DEAR Mrs. Adams: I am 18 years old. What is the correct length for my skirts? I am about 5 feet in height.

2. Is it proper to eat olives with a fork? Is it improper for a girl to stand in the corner and talk with a boy friend who is a schoolmate?

3. How old should one be when she stops wearing hair ribbons? GYPSY.

1. Olives are eaten with the fingers.

2. Yes. If the boy has anything important to say to her, he should wait until she has finished talking.

3. There is no rule laid down regarding the age a girl should be when she discards her hair ribbons. So long as she is girlish looking and wears her dresses about six inches from the ground, she may wear ribbons on her hair.

Pony Skin Coat

DEAR Mrs. Adams: Do you think it proper for a young lady of 17, a stenographer, to wear a pony skin coat that cost a small sum of money to work every day?

2. Was it proper for me to accept gloves as a Christmas present from my employer? He is a very nice fellow, but I feel that I should not go with him.

3. It is proper for him to accompany me to the street car when it rains if we both have only one umbrella and it is his that I should allow him to take my arm on that occasion.

4. It is hardly the proper thing to wear to business, but if you have no other warm coat you should feel independent enough to wear it.

5. It is proper for him to protect you from the rain, but he has no right to take hold of your arm.

6. Decidedly so.

A Schoolgirl

DEAR Mrs. Adams: Is it proper for a schoolgirl to accept the attention of a young man of 20?

1. If I can secure a position, should I endeavor to do it along with my school work? BLUE EYES.

A schoolgirl should not allow a man to monopolize her time. Her studies and hours of recreation will not allow her much time for the attentions of a young man.

You and your parents are better able to decide this question than I. Remember that it will not pay to overtax your strength.

ANSWERS TO BEAUTY QUERIES

WISHES to the great amount of mail received and the limited space given this department, it is absolutely impossible to answer letters in the Sunday issue following their receipt. The letters must be answered in turn, and this sometimes requires three or four weeks.

All correspondents who desire an immediate answer must enclose a self-addressed stamped envelope for a reply. This rule must also be complied with in regard to personal letters.

To Soften the Hands

DEAR Mrs. Adams: Will you please tell me of something that will soften the hands? I am a domestic. You will find that olive oil is excellent for softening the skin. It may be used on the face as well as the hands.

To Remove Warts

DEAR Mrs. Adams: Please tell me how to remove warts from the hand? I have a wart on my hand. I have tried gasoline, but it failed. Kindly advise me. DOLLIE.

To get rid of your corn, use the following recipe:

Corn Cure.

Salicylic acid 1 dram

Colloidal sulfur 14 ounces

Paint over the corn once a day, and scrape away the superfluous growth at the end of three or four days.

Vermin on the Head

DEAR Mrs. Adams: My little girl has caught lice from the school children, and I have tried gasoline, but it failed. Kindly advise me. A CONSTANT READER.

Get some quassia chips from your druggist, boil them for a few minutes, strain and mop the water on the scalp until the hair is thoroughly saturated. This is a sure and harmless cure.

Superfluous Hair

DEAR Mrs. Adams: Will you kindly publish a remedy that will remove the overgrowth of hair? I do not like to use the electric needle on my face.

The electric needle is the only thing that will remove the hairs permanently. I am giving the recipe for a depilatory which will remove the hairs for a short time, but they will come back again.

Sulphide of soda or calcium sulphide 100 grains

Chalk 100 grains

Mix thoroughly and keep dry in a well corked bottle until wanted for use. Take enough to make a paste, and add warm wa-

Hair a Muddy Color

DEAR Mrs. Adams: What will make my hair its natural color again? It used to be a real dark brown; now it is a muddy color.

2. To which hazel cream, good for the face? Will it grow hair on the skin?

What will remove red marks from the face after pimples disappear? Also, what is good for large pores on the cheeks? BEATRICE B.

It may be you do not give your hair proper attention. Every day brush it thoroughly from the scalp down to the very ends; then massage the scalp with the tips of the fingers. When washing the head add a pinch of washing soda to the water.

Which hazel cream is excellent for a dry skin, and it will not promote the growth of hair.

To remove the red marks use the following lotion:

Boric acid 60 grains

Which hazel cream is excellent for a dry skin, and it will not promote the growth of hair.

The above lotion may be used for enlarged pores also.

Hands and Face

DEAR Mrs. Adams: Will you please tell me something that will soften and whiten the hands? Also something that will clear the complexion without harming it. My skin seems to be dry, but I am afraid to use cream.

Is there anything that will clear the complexion of dye that will make the hair darker? BEATRICE C.

I think olive oil will help both your face and hands. Massage it into them once a day. This will take the place of cream, which you do not need to use. A laxative taken once a month is excellent for keeping the complexion clear.

Nothing except a dye will darken the hair satisfactorily.

Bust Too Large

DEAR Mrs. Adams: My daughter is but 12 years of age, and her bust is growing so fast that she is unable to wear her school dress. Is there a method for temporarily reducing it?

My hair is a light brown. Can you tell me a method of making it lighter? 2. If your skin is naturally lighter?

4. What is a cure for chapped hands? AN INQUISITIVE MOTHER.

1. I would not be guilty of advising any treatment for reducing your daughter's bust. It is never a safe experiment, and anything you do now might ruin the child's health and figure for the future. Can't you make her clothes in such a manner that her bust is not quite so noticeable?

2. A pinch of washing soda added to the water in which you wash your hair will make your hair lighter. Never use any greasy tonics on your hair, for they will make it darker.

3. If your skin is naturally dark, you cannot do very much to make it lighter. If the sun or wind has darkened it, you may use lemon juice as a whitener.

4. To avoid chapped hands, care must be taken that the hands are dried carefully after washing. Use the following lotion to heal your hands:

20 drops

2 ounces

2 ounces

2 ounces

Rub this on the hands night and morning.

Dandruff—Hair Grower

DEAR Mrs. Adams: I am so troubled with dandruff, it forms a hard, thick crust on the scalp, and when I comb it with a fine comb, it is sore underneath. Can you tell me a cure for this?

Can you give me a recipe that will make the hair grow? A READER.

Use castor oil to cleanse the scalp, or even vaseline. Do not use a fine-tooth comb. Go to your physician for treatment.

Biting Finger Nails

DEAR Mrs. Adams: What can I do to stop biting my finger nails? There are three or four nails on each hand that I have very many on all nails. B. M. D.

Nail biting is often the result of an extremely nervous temperament. If this is your trouble, have your family physician prescribe a good tonic to brace up the nervous system. Meanwhile, paint your finger nails with quassia, which is quite bitter but harmless, and will remind you of the effort you are making to stop the habit.

White spots on the nails can be avoided if careful attention is given to the gums and they are not bruised in any way.

To Make Bust Firm

DEAR Mrs. Adams: Kindly advise me through your column what to use to make my bust firm. MARIE.

Bathing the bust with cold water will give it firmness, and massage with the preparation made according to the following recipe:

Oil of sweet almonds 6 ounces

White wax 14 ounces

Thureau benzoil 14 ounces

Rosewater 14 ounces

Purified tannin 6 drams

Mix thoroughly and use as directed.